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BARACK OBAMA

PRESIDENT OF THE UNITED STATES
Jan. 2009 - Jan. 2017

Obama in transition: Ready to speak out if nation's 'core values' are threatened. 4

Columnist's open letter to the outgoing president. 4

A professor of American race relations offers assessment of Obama presidency. 6

A look at what the history books might say about Obama. 8-9

ILLUSTRATION BY BILLY BECERRA, METRO

PROTEST GROUP VOWS TO DISRUPT INAUGURATION

1 Leaders of an ad hoc group of protesters enraged by Republican Donald Trump's election as president of the United States vowed to disrupt his inauguration this week by blocking public access to the event. The DisruptJ20 protest group said it will send groups of demonstrators to the dozen entrances to the grassy National Mall where hundreds of thousands of people are expected to gather to watch Trump, who

has never before held public office, be sworn in as president on the steps of the U.S. Capitol on Friday. "We believe that it's our role and the role of any people with conscience to try to disrupt this inauguration and have a massive showing of resistance on that day," Samantha Miller, a DisruptJ20 organizer, said. REUTERS

NETFLIX BLOWS PAST SUBSCRIBER ESTIMATES

2 Netflix Inc.'s international and U.S. subscriber additions blew past analysts' estimates as the video streaming service released shows including the award-winning British drama "The Crown" and a revival of "Gilmore Girls." Netflix, whose shares rose 7.1 percent in extended trading, has been hugely successful in attracting more subscribers through the popularity of its original shows such as "Narcos" and "Stranger Things." The company said on Wednesday it signed up 5.12 million subscribers outside the United States in the quarter ended Dec. 31. Analysts on average had estimated 3.73 million additions, according to research firm FactSet StreetAccount. Faced with slowing growth in the United States, Netflix has launched in almost every country. REUTERS

WELCOME TO METRO.US!

Take a break from the news. That's what our entertainment blogger did. Instead of brooding over our incoming president, this week Jenna Busch binge-watched a lot of TV. And she couldn't help but nitpick. This week's column marvels over improbably giant apartments, phone calls that end without a "bye" and foreplay-less sex. Check out her column:
metro.us/jenna-busch

FAREWELL TO THE PRESS

5 President Barack Obama holds the last news conference of his presidency in the Brady Press Briefing Room at the White House in Washington, D.C.

ALL IMAGES BY GETTY IMAGES

SENATE PANEL APPROVES TRUMP PENTAGON PICK

3 The Senate Armed Services Committee voted overwhelmingly to recommend President-elect Donald Trump's pick for Secretary of Defense, retired Marine General James Mattis. The committee voted 26-1 to back Mattis' nomination when it is received by the full Senate from Trump after he is sworn in as president. As a result, Mattis' nomination will be sent directly to the Senate for a vote without

referral to the committee. The identity of the senator who voted against Mattis was not immediately available. Congress cleared the way for Mattis' quick confirmation last week by backing a waiver that would allow him to lead the Pentagon despite retiring from active duty only in 2013. REUTERS

HW BUSH MOVED TO ICU; WIFE HOSPITALIZED

4 Former President George H.W. Bush has been moved to an intensive-care unit at a Houston hospital with pneumonia and was stable and resting comfortably after doctors performed a procedure to clear his airway, his office said on Wednesday. His wife of 72 years, former first lady Barbara Bush, also was admitted to the same hospital on Wednesday as a precaution after experiencing fatigue and coughing, the office said in a statement. Bush, who at 92 is the nation's oldest living ex-president, has been at Houston Methodist Hospital since Saturday after experiencing shortness of breath, family spokesman Jim McGrath said on Wednesday. Since then, Bush experienced an "acute respiratory problem stemming from pneumonia" and was sedated for the unspecified procedure, his office said. REUTERS

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Obama leaves office pledging to defend nation's 'core values'

The president used his final White House news conference to defend a host of recent decisions.

METRO STAFF & REUTERS
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President Barack Obama answers questions for the final time as president at his last White House news conference. GETTY IMAGES

President Barack Obama touched upon a range of topics, from sanctions against Russia to his decision to commute the sentence of convicted leaker Chelsea Manning, during his final White House news conference Wednesday.

However, he used the occasion to stress that he leaves office committed to speaking out whenever he determines the nation's "core values" are in jeopardy.

Obama noted that he expects a new president and a Republican Congress to set their own course and pursue an agenda that will clash with his political outlook.

"There's a difference between that normal functioning of politics and certain issues or certain moments where I think our core values may be at stake," he said. "I put in that category if I saw systematic discrimination being ratified in some fashion. I put in that category explicit or functional obstacles to people being able to vote, to exercise their franchise. I put in that category institutional efforts to silence dissent or the press. And for me at least, I would put in that category efforts to round up kids who have grown up here and for all practical purposes are American kids and send them somewhere else, when they love this country."

He urged President-elect Donald Trump to keep separate the issue of economic sanctions on Russia from the pursuit of talks to reduce nuclear stockpiles.

Trump, who takes office on Friday, said in an interview with the Times of London published on Monday that he would propose offering to end sanctions on Moscow in return for a nuclear arms reduction deal.

"Russia continues to occupy Ukrainian territory and meddle in Ukrainian affairs."
President Barack Obama

Obama's administration imposed the sanctions in 2014 after Russia's annexation of the Crimea peninsula from Ukraine.

"Russia continues to occupy Ukrainian territory and meddle in Ukrainian affairs," Obama said. "I think it would probably best serve, not only American interests, but also the interests of preserving international norms if we made sure that we don't confuse why these sanctions have been imposed with a whole set of other issues."

Obama defended his decision to commute the 35-year sentence of former military intelligence analyst Chelsea Manning to the roughly seven years she has served.

"Chelsea Manning has served a tough prison sentence," Obama said.

TO PRESIDENT OBAMA, WITH SOLIDARITY

THE ERNEST OPINION

ERNEST OWENS
@MrErnestOwens

Columnist Ernest Owens gets a handshake from President Obama during a Hillary Clinton campaign event in Philadelphia. PROVIDED

Dear President Obama,

Today is your last day as the 44th President of the United States.

Tomorrow, you will be replaced by an egomaniac who has an Ivy League degree less than you and never held elective office. While you ran with sensitivity, hope and resilience, your successor ran with fear, bigotry and unbridled white privilege. In a perfect world, your most trusted confidant Joe Biden would have been my ideal pick — but your loyalty to your party brought us Hillary. It takes a lot of maturity to back someone who wanted your position eight years ago, but you've always been wise beyond your years.

As a young black man, my relationship with you is complex. I admire your intelligence, strategy and overall swag, but I also wished you would have been a little more aggressive. You should have been at Ferguson the same way you made it to Sandy Hook. Not confronting race head-on in order to appeal to a larger sector of white America was at times backbiting. But you also were the first black man to inherit the Oval Office and go through the hurdles of what that entails. I have forgiven you for that. I can't even imagine how tumultuous it was.

This country was ungrateful for the example you set in diplomacy, and deserve every bit of what's to come in the next four years. You raised two bright young girls with a first lady who is the epitome of brilliance. You got us affordable health care, saved us from a financial meltdown, and ensured more rights for marginalized people. You weren't perfect, but you were closer to presidential perfection than anyone who held that office during my lifetime.

January 20 will be a different day, but it shouldn't be anything the nation can't handle. We've survived two Bushes and a Reagan — we can definitely overcome a Trump. Thank you for being a messenger of hope in a time when many would rather tell us that all is lost. I said, "Yes we can" in 2008, I must tell myself the same thing the next four years.

In solidarity and gratitude,

Ernest Owens

Ernest Owens is an award-winning multimedia journalist.

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Race relations unchanged during Obama presidency

President Barack Obama walks alongside Amelia Boynton Robinson, right, one of the original marchers, the Reverend Al Sharpton, second right, first lady Michelle Obama, left, and Rep. John Lewis, second left, Democrat of Georgia, and also one of the original marchers, across the Edmund Pettus Bridge to mark the 50th Anniversary of the Selma to Montgomery civil rights marches in Selma, Alabama. GETTY IMAGES

"America has always been racially polarizing," says a professor of race relations.

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Chad Dion Lassiter is a professor of American race relations at West Chester University in Pennsylvania, and president of Black Men at Penn School of Social Work Inc. He spoke with Metro on Martin Luther King Jr. Day about the polarized state of race relations in the United States as the nation's first black president leaves office.

Here are excerpts from the conversation, which have been edited and condensed.

Looking back after eight years, what did Barack Obama's presidency do for race relations in America?

The election of Barack Obama brought the color line closer together. I don't think we're post-racial. Post-racial is still a mirage. It was crafted by the elites to say systemic institutional racism and all the things that are a threat to our democracy no longer exist, that we've transformed the color line with the ascension of Barack Obama. When he got in there though, a lot of the power elite awakened to the real realization that here is a black man at the highest office in the land. So the obstruction politics were similar to what Congressman John Lewis said, that never in the history of the democracy have you had a standing president give a State of the Union address and someone belts out, "You lie!"

Philosophically not just politically, Barack Obama and Donald Trump seem to be complete opposites. How do you explain the American people going from one to another?

When we look at where we are now, this is not all on Donald Trump's shoulder. A lot of this was planted with the Tea Party. The rhetoric from the right as it relates to xenophobia, as it relates to Islamophobia. As it relates to, "Let's build that wall." So Donald Trump comes in and he's able to say what a lot of people are thinking but don't have the audacity to say.

Has the state of race relations improved in the last eight years, and where do you see it heading under President Trump?

I think where we're at in the country as it relates to race relations is the same place we were at when Obama was elected president. America has always been racially polarizing. A lot of things have been swept under the rug. On this King Day, we still should be looking at the same thing that King looked at when he articulated the triple evils: militarism, poverty and racism. And so, those weren't created by Donald Trump or Barack Obama. Those were created by the democracy.

What would you want to see Obama do after leaving office to improve race relations in the United States?

I always said that once president Obama got out of the Oval Office, we were going to see a world leader who has the ability and God-given gift to unite the globe. Obama has the ability to write books and we can hear how he really feels without the confines of empire. I think he has the opportunity to give workshops and trainings about the racial divide. He has the ability to deal with value clarifications to navigate the color line where we can all look at each other and see the humanity for who we are.

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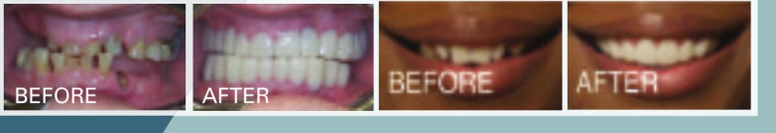

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How will President Obama be remembered in New York?

"From the standpoint of liberal New York, Obama's accomplishments were extraordinary," said Robert Shapiro, government professor at Columbia University. "In terms of where things have gotten better in parts of the country, New York is one of them. ... People benefited from getting health insurance, and New York City is basically booming in terms of construction and tourism—this is all post 9/11."

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Obama likely favorably, say

Experts say first black president's legacy marked by health-care law, LGBT rights, "public barriers" of rivals.

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Barack Obama's presidency is undeniably historic — he's secured his spot in the history books as the first African-American to hold the office. But what else will he be remembered for?

Obama's list of accomplishments over his two terms include the Supreme Court ruling that legalized same-sex marriage, the nuclear agreement with Iran, an international climate-change agreement and an auto-industry bailout that helped propel the U.S. out of the 2008 Great Recession.

But experts say Obama's most-remembered achievement is be the passage of the Affordable Care Act — dubbed by opponents derisively as Obamacare, a term reappropriated by the president himself — the signature health-care legislation that eliminated preexisting-conditions clauses and mandated coverage for birth control and yearly physicals in insurance policies, among other things, even as Republicans attempt to dismantle it.

"The fact that he put health care on the table as a conversation, the fact that [the ACA] exists, means that people have now begun to think about the right to health care," said Karen M. Turner, a journalism professor at Temple University.

"Presidents in the past have tried to do that, but never got as far as Obama, to actually implement a health-care program," she said. "Now that we have it, even if it is going to be changed, the fact is, there is something."

However, the future of the ACA and other Obama initiatives is still uncertain, so we don't really know in what light he'll be remembered 20 or 50 years from now, said Chris Capozzola, a history professor at the Massachusetts Institute of Technology.

"How he's remembered depends on what happens next," he said. "Presidents leave office

to be recalled professors

with one reputation, and that reputation can change over time."

John F. Kennedy was remembered fondly at first, partly because he was assassinated, Capozzola said. But with the passage of time, historians have been more critical of his presidency.

On the other hand, Harry S. Truman was seen as a "complete failure" when he left office in 1954, in part because of how divided the country was at that time. Generations later, people began to appreciate Truman's role in the Cold War.

Still, Capozzola said he agrees that the healthcare legislation has cemented Obama's legacy.

"The Affordable Care Act will be harder to dismantle than its opponents think," he said. "History shows that entitlement programs are generally popular with the American public."

The partisan opposition Obama weathered will also color his legacy, Turner said. She noted that historians will have to contextualize how Obama "ran into public barriers" with Republicans who said bluntly they were not willing to work with him as president.

Even though he had adversaries, Obama's "exemplary" demeanor won't be challenged when his presidency is examined in hindsight, according to Robert Shapiro, a government professor at Columbia University.

"His critics referred to him as 'No drama Obama.' Obviously he was a very serious, deliberate thinker when making decisions," he said. "Not that they'll be proven to be the best decisions, but his processes to reach them will be seen as good ones. Also, his personality and style were highly presidential."

Shapiro compared Obama to presidents such as Franklin Roosevelt, Bill Clinton, Ronald Reagan and John F. Kennedy, heads of state who have had "charismatic styles and presence as leaders."

Obama is also relatively young, Capozzola said, which means he will have a long post-presidency.

"It remains to be seen how he will handle his ex-presidency," Capozzola said. "But I think we can't take it for granted that he will be an active ex-president who has set his eye to the history books."

President Barack Obama jokingly mimics U.S. Olympic gymnast McKayla Maroney's 'not impressed' expression while greeting members of the 2012 U.S. Olympic gymnastics teams. GETTY IMAGES

TIMELINE

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A store displays Trump and Obama shirts ahead of inauguration ceremonies for President-elect Donald Trump on January 17, 2017 in Washington, DC. Trump will be sworn in as the 45th U.S, president on Friday. GETTY IMAGES

Obama's legacy could be damaged by Trump

The 44th president is set to leave the White House on Friday. Metro examines his victories and defeats, and how his record may be shaped by the actions of his successor.

DMITRY BELYAEV
Metro World News

President Barack Obama took office Jan. 20, 2009, at a time when the world economy was in crisis and the U.S. was engaged in several post-9/11 military operations, including a war in Iraq.

Since then, the U.S. has almost entirely withdrawn its troops from Iraq, tracked down and killed 9/11 mastermind Osama Bin Laden and encountered a new terrorist threat in ISIS.

Obama's progressive social agenda included sweeping health-care reform, greater rights for gay and transgender people and efforts to address climate change.

On the economic front, Obama secured passage of a $787 billion stimulus package, rescued the auto industry and adopted major reforms of the banking and finance industry. The country's unemployment rate fell to less than 5 percent during his final year in office from over 10 percent in his first year.

"His major achievement was to bring the U.S. and the world back from the brink of the worst economic catastrophe since the Great Depression of 1930s," Jack Goldstone, public-policy scholar at Woodrow Wilson Center in Washington, told Metro.

"He gets too little credit for America's return to full employment, record levels of stock markets and corporate profits," he added.

Experts say Obama will be criticized for not doing more to address the crisis in Syria.

"He failed to remove the Assad regime and stem the flow of refugees, yielding the initiative to Russian President [Vladimir] Putin, who took a brutal military approach to support Assad," said Fletcher McClellan, professor of political science at Elizabethtown College in Pennsylvania.

Domestically, the Democratic Party under Obama suffered enormous losses during his two terms.

It lost both houses of Congress, two-thirds of state governors and most state legislatures. Because of these upsets, he had to resort to executive orders in his second term to achieve policy goals in areas such as immigration and environmental protection.

Though his presidency was relatively successful, Obama was unable to secure the election of Hillary Clinton. Because of that, many of his accomplishments, most notably the Affordable Care Act, or Obamacare, are already under attack by President-elect Trump and the Republican Congress.

"Trump has enormous power to unmake much of Obama's legacy," McClellan said. "He has said that there are parts of Obamacare he wants to keep. He may find it is difficult or undesirable to cancel the Iran deal or pull out of the Paris accord. Nevertheless, it is almost certain that the U.S. under Trump will move in a different direction, especially in regards to policy toward immigration, taxes and trade."

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5 Things we will remember about Obama

1 Killing of Osama bin Laden

After a relentless pursuit, President Obama was able to eliminate the world's most-wanted terrorist, Osama bin Laden. On May 2, 2011, the Al Qaeda leader was killed during a Navy SEAL raid in Abbottabad, Pakistan. Obama was overseeing the operation from the White House.

2 The Cuban Thaw

In December 2014, President Obama initiated the normalization of relations between the United States and Cuba, ending a 54-year stretch of hostility between the nations. In March 2016, Obama became the first president to visit the island of Cuba since 1928.

3 Nobel Peace Prize

In 2009, the Norwegian Nobel Committee decided to award the Peace Prize to Barack Obama for "his extraordinary efforts to strengthen international diplomacy and cooperation among peoples."

4 Obamacare

On March 23, 2010, President Obama triggered the Patient Protection and Affordable Care Act, also known as "Obamacare." It has become the most significant regulatory overhaul of the health care system since the passage of Medicare and Medicaid in 1965.

5 Social media president

Obama has the highest number of followers on Twitter than any other president. More than 80 million users worldwide follow @BarackObama. His account ranks fourth among the most popular, behind @Katyperry, @Justinbieber and @Taylorswift13.

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What you need to know about Trump's presidential inauguration

Donald Trump will be sworn in Friday as America's 45th president on Jan. 20, 2017.

He will take the oath of office, administered by Supreme Court Chief Justice John Roberts, according to usa.gov: "I do solemnly swear [or affirm] that I will faithfully execute the office of president of the United States, and will to the best of my ability, preserve, protect and defend the Constitution of the United States."

The day's events will include a morning worship service, procession to the Capitol for the swearing-in, swearing-in of the vice president, the president's swearing-in, the inaugural address, departure of the outgoing president, inaugural luncheon, inaugural parade and inaugural ball.

There is no telling how long President-elect Trump's speech will be, but likely longer than the shortest inaugural address — by our first president, George Washington, at only 135 words. Sworn in on April 30, 1789, Washington's ceremony took place in Trump's hometown of New York City. The first president to have his inauguration in D.C. was Thomas Jefferson in March 4, 1801.

President-elect Donald Trump
GETTY IMAGES

Now, the ceremony is held much earlier in the year, and has a much bigger audience — with those not only watching from the Capitol, but also from TVs and smartphones across America and the world.

Part of that audience will also be protesting Trump, as they have been since he was elected the next president.

Protests for Trump's inauguration ceremony on Jan. 20 are already being planned, while a "Million Women March" is also being called for Jan. 21 in Washington and more cities, the day after the inauguration.

There has also been controversy around who will be performing at the inauguration, typically an event that garners top acts. But Trump has been reportedly having a hard time securing top talent.

As of Jan. 16, here is who is secured to perform:

- The marching band for Talladega College
- The Rockettes
- The Mormon Tabernacle Choir
- Jackie Evancho
- Toby Keith
- 3 Doors Down

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De Blasio, celebrities plan protest in NYC on eve of Inauguration Day

New York City Mayor Bill de Blasio. GETTY IMAGES

Mayor Bill de Blasio has enlisted an army of celebrities to protest with New Yorkers in the fight for human rights on the eve of Friday's presidential inauguration.

Alec Baldwin, Mark Ruffalo, Michael Moore, Shailene Woodley, the Rev. Al Sharpton and thousands of New Yorkers plan to rally from 6 p.m.-7:30 p.m. Thursday outside Trump International Hotel and Tower in Columbus Circle.

The planned protest is meant "to send a message to President-elect Trump and Congress that New York City will protect the rights of residents and will continue to make real progress on important issues such as health care, climate change, social justice and immigrant rights," a news release said.

Although there have been a number of passionate protests in New York since the election, this will be the first officially organized and hosted by de Blasio.

"I'm rallying at Trump Int'l Hotel at 6PM on Jan. 19 because our next president needs to hear from all NYers before he takes office. Join us," the mayor tweeted Monday.

"Thousands of New Yorkers are coming together to stand up for one another, as we will do every day, to protect the values we hold dear," actor Mark Ruffalo added. "We are sending a message to Washington that we will fight at every step discrimination and harmful policies, today, tomorrow, and every day."

AMANDA MIKELBERG

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A new clinical research study is investigating a daily oral medication in women with vaginal dryness caused by menopause.

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Why Knee And Hip Arthritis Pain Sufferers Are Flocking To This Manhattan Medical Clinic To Relieve Pain And Avoid Joint Replacement Surgery

Knee Arthritis Pain Breakthrough?

Real Doctor's Advice On The Most Advanced Medical Treatments For Knee Arthritis Pain

"The Knee Arthritis Treatment Everyone Is Talking About..."

By Matt Edgar
America's Heath Writer

NYC - Modern medicine has come a long way.

The success stories and lives saved are endless.

And now, through advanced technology and science - skilled medical doctors are helping more knee and hip arthritis pain sufferers than ever before.

In just a moment, I'm going to reveal some of these incredible arthritis pain techniques...

So you can possibly relive some or all of your pain...

Just like thousands of others already have.

I bet many of these former arthritis pain sufferers were just like *you.*

But first, I have to tell you about this - it's very important information so you can make the very best decision about relieving your arthritis pain.

It will also help you avoid costly and painful mistakes.

Ready for some great arthritis pain relief information? Ok, here we go...

The Two Arthritis Treatment Paths...

The first thing to understand, is that there are basically two treatment paths you can choose to go down when you are looking for relief to knee or hip arthritis pain.

One path is non-surgical. You do not want surgery (who does!) so you do everything you can to avoid it.

You take pain pills, do physical therapy and exercises and maybe you even changed you diet.

Nothing worked. The pain progressively got worse until you couldn't stand it anymore.

Because you did not get the proper treatment - your joints decayed past the point of no return. Now they are basically "bone on bone" and the doctor told you there is no other option. You need...

The Dreaded...

joint replacement surgery.

I will admit - some people do need joint replacement surgery.

This procedure has come a very long way in recent years.

For some, at a certain point, this is the way to go.

But - and this is a very big but... even though this procedure has improved dramatically... it is not without risk.

In fact, a $500 million verdict in a lawsuit was just awarded to patients who received faulty hip implants during hip replacement surgery.

Some of the damage being reported from the faulty hip replacements sounds horrific.

There is no doubt, joint replacement surgery should be your last resort.

But too many people think they need joint replacement surgery when you do not.

In fact, many respond extremely well to a medical treatment approach that is finally becoming much more popular.

This is...

Treatment Path #2

This treatment path is non-surgical but it probably NOT what you are thinking.

It is NOT pain pills and grueling exercises. We think it is...

Much better

It is a treatment that actually puts vital lubricating gel directly into your arthritic knee or hip joint.

This is extremely important because when you have arthritis, you lose lubricating fluid in your joints.

In other words, your joints basically "dry up."

This causes joint surfaces to rub together causing all kinds of problems including brutal PAIN.

As time goes on - the joint wears out more and more and the pain can be excruciating.

The medical procedure I am speaking about is called...

viscosupplementation. During this procedure a FDA approved gel-like medicine is placed directly into the joint space.

This allows the joint to glide freely and move much better again.

This decreases the abnormal rubbing and wear and tear and, in many cases, decreases or even eliminates pain.

Sounds Great Right?

It does But... viscosupplementation has not worked for many people.

There are two very important reasons why:

If you have knee or hip arthritis pain and want to relieve your pain without surgery - or if you have already tried viscosupplementation without good results - what you are about to discover will be extremely important...

The first reason some people did not get good results with viscosupplementation is... bluntly... this is a real medical procedure done by real medical doctors.

This is NOT a "wonder cure" sold by slick marketers.

In the real world of medicine and science, no treatments work 100% of the time or on everyone. And no good and ethical doctor would make such a claim or guarantee any results what-so-ever.

So, there are some people that will not get results with this treatment.

Reason #2

To assure the best possible results, this treatment requires expensive advanced technology and a skilled medical doctor with experience doing this procedure.

For this treatment to have the best chance to work, the lubricating gel must be placed precisely into the joint space. Thats why **"Precision Arthritis Targeting Technology"** or PATT is always used. PATT uses a special medical camera and fluorosocpic imaging to guide the procedure and make sure the gel-like medicine gets exactly where you need it.

Many doctors doing this procedure do not use this advanced digital imaging and do these procedure either under ultrasound or "blind."

No Difference?

They say there is no difference - but research shows that doctors doing joint injections without being guided by the proper imaging ***completely miss the joint space about one third of the time.***

And because treatments are so precise - most patients report they are also painless.

Now that you know the facts - would you choose a doctor who uses advanced digital imaging to guide the treatment - or one who injects you blind?

Can you see why this treatment has not worked for so many? And can you see why, with the Precision Arthritis Targeting Technology and a doctor who has already done thousands of these procedures ***- it could work for you?***

That's why so many knee and hip arthritis sufferers are flocking to a medical clinic in NYC called "NY Pain Relief MD" that focusses on helping patients relieve their knee and hip arthritis pain and get back to doing all the things they want to do - like playing golf, walking without pain, tennis and many others.

But one of the biggest successes is when patients who were told they needed joint replacement surgery cancel the surgery because they feel so much better.

They get such great results because they use advanced digital imaging (PATT) to guide their treatments, their doctors are specially trained and have performed THOUSANDS of treatments and they use multiple brands of lubricating gels (many doctors only use one they have a "relationship" with).

But that's not all - for difficult cases, they also add advanced PRP and Stem cell treatments with often wonderful results.

Every patient is unique and they have a very unique treatment plan for every single patient so you can get the best possible results in the shortest amount of time.

Here's How To Find Out If We Can Help You

If you have knee or hip arthritis pain and would like to find out if the treatments at NY Pain MD can help you - you can come in for a risk-free no-obligation screening.. During this screening you will get a chance to ask questions and find out if you are a candidate for these advanced medical treatments - and what your best options are. The screening is completely free with no further obligation.

After your screening, you will breath a big sigh or relief knowing what your options are and the best way to deal with your pain.

If you are not sure - I know exactly how you feel. Arthritis pain is brutal. And it is hard to get straight answers.

So many patients felt the same way.

They told us they had given up until they read some information just like this and they came in to see us.

Then their life changed so fast - it was incredible

Give us a call right now at 855-456-PAIN and schedule your free screening.

The worst thing that can happened is you find out this treatment is not for you.

But what if we really can help you?

What if we really can get rid of some of all your pain?

What would that be worth you?

If it is worth a couple hours of your time - give us a call.

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NYC PAIN MD

Why Is This Treatment In Such High Demand?

"Precision Arthritis Targeting" Technology

There are many big medical clinics in NYC. In fact, New York offers some of the best medical care in the world.

With so many great options - **why are knee arthritis sufferers flocking to NY Pain Relief MD?**

There are several reasons. The first is what we can "Precision Targeted Knee Pain Technology."

Here's what that means and why it is so important to you.

This treatment places a medical lubricating and cushioning gel directly into the arthritic knee joint. This helps the knee glide more smoothly decreasing or eliminating pain.

Precision Arthritis Targeted Technology Or PATT means that we use extremely advanced digital imaging to make sure this lubricating gel is placed precisely where it is supposed to go. This means treatments have the best chance for success.

Doing this procedure without this advanced technology often leads to misplaced lubricating gel and failure.

Another secret to success is using multiple treatments to maximize pain relief and healing. NY Pain MD uses multiple brands of lubricating gels and also offers stem cell therapy and platelet rich plasma (PRP). PRP is being used by top professional athletes in an attempt to heal injuries faster. The combination of these treatments can often get incredible results when other treatments have failed.

While many clinics only offer one of these treatments - NY Pain Relief Md offers them all under one roof for maximum results and convenience.

And just as important is the experience of NY Pain MD Relief doctors. NY Pain Relief MD doctors are experts at this procedure and have successfully done thousands.

BRACING FOR IMPACT

TOM FOREMAN
Opinion

Judging from the howls of frustrated Democrats you'd think winged monkeys were filling the skies, infants were hurling fireballs from their eyes, and the inaugural procession will be headed by the Four Horsemen of the Apocalypse. Such is their dismay over the election of Donald Trump.

I understand. It's been a long time since their party has been at such a disadvantage, the president-elect is making a national sport out of mocking their worries, he's spurring international unrest and domestic apoplexy with his free-wheeling tweets, and aside from organizing protests in the rain Dems don't seem to know what to do about it.

The answer: relax. Smoke 'em if you've got 'em. (Which, btw, could be easy on Inauguration Day when one pro-marijuana group plans to hand out thousands of free joints.) While he might actually trigger some sort of organic upheaval here or abroad, odds are the overwhelming majority of us — of all religions, creeds and colors — will not feel any real impact at least not any time soon. Why?

1. Washington D.C., fights all changes tooth and nail. Just ask Barack Obama. Remember all those grand plans for reforming everything from our energy sources to Middle East policies? Tradition, bureaucracy, and the ambitions of other political climbers have a way of dragging presidential aspirations — all of them — back down into the crab bucket.

2. Republicans are wary. Already significant rifts are forming between the new president and his party over which policies should be pursued and when. Dems, with their sharply curtailed influence, can try to fight back or they could go to the cloakroom and take a nap. Either way, the Repubs are unlikely to sort things out anytime soon.

3. Have you seen his approval ratings? As I predicted months ago, the country's political chasm is so deep, no matter who won the election he or she would struggle to get even fifty-percent support on day one. Trump is well below that. And even foreign leaders who dislike what they're hearing know it.

Oh sure, he says things that drive his critics insane and he'll push some legislation which will infuriate them. Some. But history and the realities of D.C.'s power structure tell us for all of Mr. Trump's bombast, he is unlikely to produce the monumental changes for which his fans hope — or the cataclysms his foes fear.

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Bella Hadid: Queen of subtle shade

INSTAGRAM/@ BELLAHADID

Bella Hadid, a 20-year-old, is apparently very upset that her ex-boyfriend The Weeknd has moved on so quickly. And she is not being subtle or quiet about it.

I'm imagining it went something like this: Bella saw those pictures of The Weeknd (aka Abel Tesfaye) and Selena Gomez making out post-dinner in Santa Monica. She felt something — a stirring in her bones. And she knew what to do: unfollow Selena on Instagram. So she did just that. But that wasn't enough — no, no: She had to do something more — but not, like, too much. So she posted a paparazzi shot of her flipping off the camera. That'll do it …

But wait, no. A "source" leaked a "quote" about how she's feeling. According to Perez Hilton, the mystery "source" said: "Bella and Abel's split wasn't dramatic, but of course she's hurt and pissed that he's moved on so quickly with Selena."

Girl, I get it. But the best way to get back at people is to live your life and shove your personal success in their face, so maybe do more of that and do less of having your publicist leak quotes about how mad you are. Don't get mad, Bella. Get even.

Amal Clooney is probably not pregnant with twins, sorry

New year, new batch of unfounded pregnancy rumors, amirite?

Amal Clooney is reportedly maybe pregnant with twins because, according to The Daily Beast, a family source told Lebanon's Daily Star as much. Also, because she didn't drink at an event one time, and she's been wearing very loose-fitting clothing. The source claims Amal is due in March.

In Touch corroborates these claims, citing yet another unnamed source who says, "[George has] gone from never wanting to be a father to being totally excited about Amal's pregnancy and the thought of raising two children who will call him 'Dad.' He's been doting on Amal's every need and talking to her belly."

Now, call me crazy, but if one is pregnant with twins and due in the next two months, wouldn't they be showing, even if it's a minuscule amount? But I guess anything is possible.

Well, here's a lukewarm, maybe congrats for the happy couple.

Abigail Breslin claps back at Tiffany Trump haters

Abigail Breslin recently came under fire for posting a super-casual photo of herself and future first daughter Tiffany Trump at a friend's birthday. But according to Elle, she wants to make it clear that the harassment she's receiving is not OK.

"If you're judging me for hanging out with someone I've known for years at our friends [sic] bday party, you need to reevaluate your life," the "Scream Queens" star wrote on Instagram. She later added, "To everyone who's being horrible and disgusting to me rn, I didn't vote for trump." Touché, Abigail, touché.

I mean, I would argue that our country is on the precipice of extended turmoil, but I get what you're saying, kind of. It's not your fault you are friends with Tiffany Trump and that Tiffany Trump is the daughter of Donald Trump, who is somehow our president-elect. I got you. But still, maybe check yourself before you, you know, wreck yourself. Just like, in case.

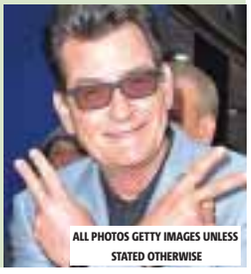
Charlie Sheen apologizes to Rihanna

It's pretty clear Charlie Sheen will do basically anything for attention. And the best way to get attention sometimes is to utter the names of celebrities who are way more significant than you. Which is why, I guess, he called Rihanna "a b—" during a recent appearance on "Watch What Happens Live."

Perez Hilton notes that this beef has been a long-standing one, although it's mostly been one-sided: One time, Rihanna retorted that Charlie Sheen was an old queen, then went about her business.

But now, Sheen is ready to squash the beef, going as far as posting an apology on his Instagram, offering to buy the multi-platinum Grammy winner a drink sometime.

Sorry, Charlie. Rihanna doesn't have time for you. Just remember that.



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Anya Taylor-Joy's besties are her directors

In M. Night Shyamalan's "Split," Anya Taylor-Joy plays a high schooler kidnapped by a troubled man (James McAvoy) with 23 personalities. UNIVERSAL PICTURES

The young star of "The Witch" goes big with M. Night Shyamalan's "Split."

MATT PRIGGE
@mattprigge
matt.prigge@metro.us

Over the holidays, Anya Taylor-Joy got to show her family and friends in Argentina her new movie. And it wasn't a nice movie. It's "Split," the latest from M. Night Shyamalan, and another project that finds the Miami-born, Argentina- and U.K.-bred actress doing horror.

"Usually when I watch my movies it's pretty stressful for me anyway," Taylor-Joy tells us. "I'm looking at my face and trying so hard to focus on everybody else's work. I'm like, 'Oh God, Anya, why are you on screen again? Stop ruining the movie for me!' But to watch this movie with people you've known since you were tiny, it's like you're traumatizing them. My mom cried the whole time."

With the exception of last year's "Barry," in which the actress plays one of young Barack Obama's college girlfriends, her films have been dark. She broke through a year ago with "The Witch," and last fall saw her headline "Morgan," as a genetically-engineered superhuman.

"My grandparents are desperate for me to do a romantic-comedy. I told them not to hold their breath," she says. Not that comedies are out for her, but it would have to be more like "Juno." "I'd love to do a comedy like that at some point — really dry."

At least the film she's bringing to this year's Sundance isn't horror. "Thoroughbred," co-starring Olivia Cooke and Anton Yelchin, is a thriller involving deception and murder, not multiple personalities or homicidal goats. And she formed a bond with writer-director Cory Finley, just as she had with Shyamalan and "The Witch" maker Robert Eggers.

"My agent the other day said, 'You have a strange relationship with all of your directors because you're friends,'" she recalls. "All the directors of my movies are the people I hang out with. We go and get dinner, we go dancing. You have to have so much trust, and the relationship you build is so intense. It requires so much love from both sides to work."

Taylor-Joy still constantly texts with Eggers and Shyamalan. "They're both my mentors," Taylor-Joy says. "Robert's like my best friend of all-time. Night calls me up and says, 'Would I be proud of your choices? What movies are you doing?' If I have a question about something or if I want to do a project or not, I call Night and we talk about it."

She's not giving up anytime soon. "I act because if I didn't, I wouldn't be able to breathe," she says. "Acting just makes me so much more stable."

GETTY IMAGES

She hearts Philly

Being an M. Night movie, "Split," of course, brought the actress to the filmmaker's town of Philadelphia. She fell in love.

"Something I've done with every film I've done is I've become very friendly with the crews," she says. "They're usually from wherever it is we're filming, so I got out with them and I get to experience [places] like a local." That's how she discovered a jewelry store called Halloween, which is where Stevie Nicks shops. ("I'm the biggest Stevie fan of all time," she adds.) And her favorite Philly food, she decided, was at Blackbird Pizzeria, especially the vegan truffle pizza.

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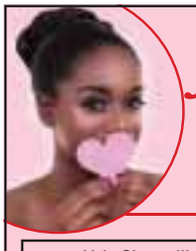

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"CAPTAIN AMERICA: CIVIL WAR" *NETFLIX INSTANT*

We include last year's Marvel romp strictly out of public service: We know you want to watch it, and no grumbling on our part will dissuade you. You won't heed our warning that it's another cluttered mess from a blockbuster factory whose films have become a ball of tangled Christmas lights, bearing too many superheroes and dense story lines, with no room for the charm that filled the first "Iron Man." Anyway, the new Spidey guy is neat and the Avengers battle royale is kind of cool. Everything else is forgettable. But no one will listen to us. To sum up: "Captain America: Civil War" is now on Netflix Instant.

"HUGO" *NETFLIX INSTANT*

No one's seeing Martin Scorsese's new "Silence," which is tragic. You can atone by queuing up "Hugo," his deeply eccentric version of a children's movie, namely one that offers kids (and adults) a lesson in early film history. Asa Butterfield plays an orphan who befriends a grouchy old man (Ben Kingsley), who turns out to be Georges Melies, the cinema and special-effects pioneer of "A Trip to the Moon." Park your kid in front of it and see if he or she doesn't grow up to become a cinema-studies major.

"TIME BANDITS" *FILMSTRUCK*

There once was a time, circa 1981, when movies made for kids could be bizarre and superdark. The gleefully, out-of-nowhere bleak ending of Terry Gilliam's time-hopping lark scarred a generation of weird brats, though what preceded it was content to simply be odd. A rare case where Gilliam (mostly) played ball, one of the filmmaker's few bona fide hits jumps around through a slushy of history, fiction and fantasy, with pit stops at Napoleon (Ian Holm), Robin Hood (John Cleese) and finally a melee with Evil himself (David Warner, charming). Fun fact: In the screenplay, the appearance of Agamemnon is written as such: "The Greek warrior removes his helmet, revealing himself to be none other than Sean Connery, or an actor of equal or cheaper stature." Lo and behold, they actually scored Connery himself (for a reduced salary, probably).

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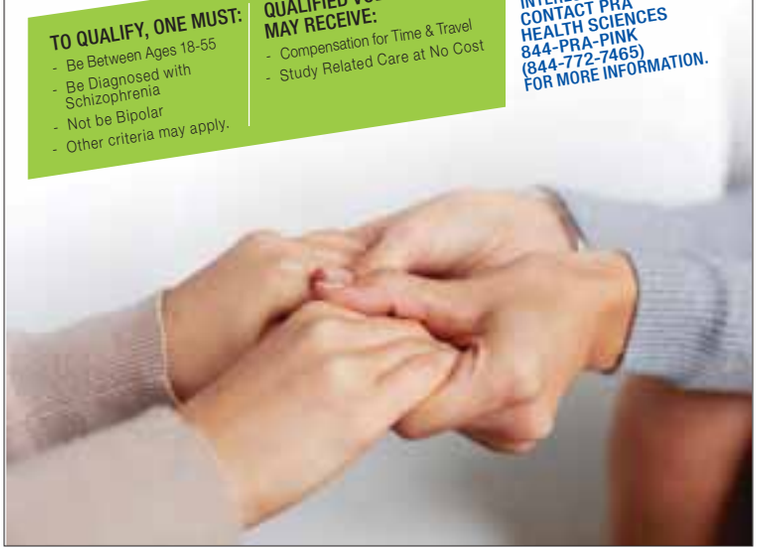

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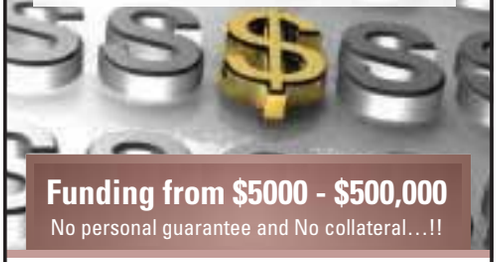

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things to do

The future isn't (just) scary

"2BRO2B" 2BRO2B PRODUCTIONS

The first-ever New York Science Fiction Film Festival brings humor and hope to a dark genre.

We live in dystopian times, so it seems appropriate that NYC is getting its first-ever sci-fi film festival.

The New York Science Fiction Film Festival will debut for three days on Jan. 20-22, and it might surprise you to know it'll be light on killer robots and alien invasions.

Blame 1982's iconic "Blade Runner" for the trend of "dark, paranoid, dystopic" sci-fi films, says festival organizer Daniel Abella. "But sci-fi can also be comedic in nature — it can shed humor on current or future developments, it can also have an optimistic take. I wanted to organize a festival that would be more inclusive."

Most of the films are short, under 20 minutes, and span relatable issues like dating in the age of technology ("Glimpse") and a mother so overprotective that she disrupts the space-time continuum ("María Fernanda in Time").

A special block features five films made with fledgling virtual reality technology. "We were looking for more than just a simple sensation, a storyline," says Abella of selecting these films. "The new rules of cinematic grammar need to be invented in virtual reality, and we can see some of that in our current lineup."

Many of the films are from abroad, countries like Canada, Finland, Spain and Bosnia, among others. Over a dozen of the filmmakers will be on hand to give post-show Q&As, as well as mingle with attendees after Saturday's screenings at The Roxy Hotel, one of four venues hosting screenings.

"Dryad" CUMULUS AND ORIGINE FILMS

The three-day fest won't set you back nearly the cost of a Comic Con ticket, either — an all-access pass is just $35, and screenings on Friday night are free. "It's really about building a community, and not everybody can afford $20 to go to a screening, so we try to offer that as a matter of appreciation for being there for us," he says.

Ironically, sci-fi films are often more relatable than mainstream fare, Abella says. "Night of the Living Dead" used zombies to discuss race relations in the '60s. In "Earth vs. the Flying Saucers," UFOs were a metaphor for the Red Scare in 1956. And the premise of Amazon's series "The Man in the High Castle" echoes current fears of authoritarian regimes returning to power: What if the Axis powers had won World War II?

"Sci-fi is a good way of feeling out what's happening in our culture," says Abella, "and it can be used in a proactive way to say, 'This is what's going on and we have to take steps that sci-fi remains only sci-fi, not science reality.'" EVA KIS

MUST SEE

"I, PHILIP"

"It's 14 minutes but I was really taken aback," Abella says of this short shot from the perspective of an android who's had the consciousness of Philip K. Dick downloaded into it, but struggles to pass as human.
Sat., Jan. 21, 7-11 p.m., The Roxy Hotel, 2 Ave. of the Americas

"REALITY+"

In the future, we can all look like supermodels thanks to a chip implant. Abella says the film is very funny, but asks a vital question: "Why are we relying so much on technology? Because we're trying to do the impossible, we're trying to use technology to prevent us from dealing with certain things that are part of the human condition."
Sat. Jan. 21, 9-11 p.m., The Roxy Hotel

"DRYAD"

In one of the fest's entries melding sci-fi and fantasy, a knight and a mysterious young woman are fleeing an army during the Middle Ages until something very unusual happens. "It has almost an archetypal, Yungian, alchemical narrative," he says.
Fri., Jan. 20, 7-9 p.m., Instituto Cervantes, 211 E. 49th St.

"TELEIOS"

This NYC premiere feature-length film has been compared to "Gattaca." Five "perfect" humans are sent on a rescue mission, but spending so long in deep space has unexpected effects on them.
Sun., Jan. 22, 3-5 p.m., Anthology Film Archives, 32 Second Ave.

"2BRO2B: TO BE OR NAUGHT TO BE"

A father waits for his children to be born in a future when population is strictly controlled. William B. Davis ("The X-Files") has a small part, so you know some difficult choices will arise. "It's a very sobering, very matter-of-fact view of the future," says Abella.
Sat., Jan. 21, 7-9 p.m., The Roxy Hotel

"HOW TO BUILD A TIME MACHINE"

Described as a "scientific documentary," this feature follows a man who lost his father to a heart attack when he was a child. He's grown up into a physicist trying to crack the mystery of time travel to save him. Abella calls it "a real intersection of science and science-fiction."
Sat., Jan. 21, 5:45-7:15 p.m., Producers Club, 358 W. 44th St.

HOT plate

Faun is the neighborhood restaurant we all want

Eva Kis eats her way through New York
eva.kis@metro.us

I wandered in for dinner at Faun on that first cold, drizzly night last week when it became clear winter wouldn't, in fact, be coming. This may be cause for celebration to some, but I was in need of some comforting, and this turned out to be the place for it.

The Prospect Heights restaurant has been quietly making a name for itself as a standout neighborhood spot. There's the requisite earnestness you want in a Brooklyn restaurant but with a level of care in the presentation (not to mention service is included) that's unusual for a place that can easily be your new local but also impressive enough for a date.

Spaccatelli MICHAEL TULIPAN

My meal began with The Bothan ($15), a tequila cocktail that drinks like a whiskey sour, bright from a twist of lemon with a calming note from chamomile, a perfect cleanser to my foul mood. That gave way to the compact menu, where most dishes are exactly what you want to see — pumpkin tortellini and a boar shank make cameos for winter — but when former Vinegar Hill House chef Brian Leth veers off the beaten path, the fun starts.

Housemade pastas are all the rage on New York's dining scene, a trend that makes for better dishes because chefs know exactly what they're working with. This is the kind of calculated alchemy that results in a completely addictive dish like Faun's spaccatelli ($22) — it's sweet, a combination of the caramelized Brussels sprouts and Meyer lemon, with pine nuts rounding off the flavor. Eating the airy tubes of pasta was like digging my hand into a bag of Doritos, each bite a little faster and more delicious than the last. Like most things at Faun, it's just a little surprising while still being exactly what you wanted.

Faun is located at 606 Vanderbilt Ave., open for dinner and weekend brunch; closed Mondays.

Anything but Trump

Whether you want to get the resistance started or just need some self-care, we've got great ways to take your mind off the inauguration.

EVA KIS
@thisiskis
eva.kis@metro.us

Shakespeare Alive!

The last time Shakespeare with Benefits staged their "Bard-based variety show" was in 2012 to benefit Hurricane Sandy relief. This Friday, they're bringing it back to raise funds for the ACLU with everything you love about Shakespeare, from his irreverent comedies to dramatic duels, with a dose of parody and live music, too. ***$15-$50, 7-10 p.m., West End Theatre, 263 W. 86th St., shakespearewithbenefits.org***

Concert for America

You won't find Broadway stars at the inauguration — they'll be performing right here at a concert benefitting organizations like the Southern Poverty Law Center and the Sierra Club. The roster packs in stage luminaries from Chita Rivera to current "Hamilton" star Javier Munoz, Tony winner Billy Porter, "Spotlight" star Brian D'Arcy James and more. The show at Town Hall is sold out, but you can stream it. ***3 p.m. facebook.com/concertforamerica***

Don't Panic, Organize

You have to know how the political machine works before you can tear it down from the inside. Start the resistance on Inauguration Day by hearing from former campaign organizers who have put in time in the political trenches. ***$5, 7:30 p.m., Union Hall, 702 Union St., Park Slope, unionhallny.com***

Swear In, Breathe Out

The Rubin Museum's Eastern philosophy is all about peace and endurance, important lessons if we're to survive the next four years. Admission is waived all Inauguration Day, with special ticketed events including yoga (BYO mat), a themed gallery tour on how the Himalayans wrestled with their own vengeful gods, and more. ***Free-$35, 150 W. 17th St., Chelsea, rubinmuseum.org***

Find zen at the Rubin Museum. FILIP WOLAK

See "Hamilton" star Javier Munoz at Concert for America. GETTY IMAGES

Drink for Planned Parenthood

The women-owned and run bakery-bar Butter & Scotch just launched its winter menu this week, and $1 from every single cocktail, all winter long, goes to support Planned Parenthood. ***818 Franklin Ave., Crown Heights, butterandscotch.com***

Art-Making Happy Hour

If your happy place is when you're getting creative (with a drink in your other hand), come to the Bronx Museum of the Arts for an evening of art-making including painting and collaging. Beer and wine at the museum's cafe are just $5. ***Free, 6-8 p.m., 1040 Grand Concourse, Bronx, bronxmuseum.org***

Stand Against Trump

This weekend's Women's March will be a historic rejection of a man who got elected despite bragging about sexual assault. But the list of grievances against the incoming president is long, and this march to the Trump building on Wall Street will protest his stances on immigration, health care and worker's rights. ***5-11 p.m., Foley Square, 111 Worth St., tinyurl.com/j20nyc***

See all of the Whitney Museum

The museum has expanded its usual Friday night pay-what-you-wish hours to the entire day, with tons of special events: guided tours of its massive portrait exhibit "Human Interest," a speaker series by Occupy Museums (11 a.m.-2 p.m.), an immersive program in its cinematic exhibition "Dreamlands" and more. ***10:30 a.m.-10 p.m., 99 Gansevoort St., whitney.org***

'Anybody: An Improvised Historical Hip-Hopera'

Remember that rush of patriotic fervor when you first listened to the "Hamilton" soundtrack? We may live in more problematic times now, but we've got North Coast, who blend freestyle rap and long-form improv comedy by choosing a figure from history and creating a historically accurate musical set about them. ***$15, 9:30 p.m., The Striker, 123 E. 24th St., thepit-nyc.com***

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Brewery Dinner

Alamo Drafthouse has started a themed dinner series at its newly opened theater in downtown Brooklyn, beginning with, err, "There Will Be Blood." Predictably, there is blood on the four-course menu paired with Brooklyn Brewery beers, which starts right off with blood sausage, then moves on to quail with dirty rice, tri-tip with roasted potatoes and wraps with a black chocolate stout milkshake. You'll need the fortification as you watch Daniel Day Lewis claw his life back from the brink at the expense of anyone who gets in his way. EVA KIS

Feb. 6, 6:30 p.m.
445 Albee Square W., fourth floor
$70, drafthouse.com/nyc

DANCE

"Babel"

Humanity has done some pretty audacious things. In "Babel," a new work by Convergences Theatre Collective, mankind's hubris finally crosses a line with the gods when we get together to build a tower to heaven. Our punishment: to lose our common language. But when you don't have words, you still have bodies, making dance and acrobatics the ultimate form to tell this Greek allegory.

Through Feb. 5,
Theater at the 14th Street Y, 344 W. 14th St., $25-$70, convergencescollective.com

TRIVIA

Hip-Hop Jeopardy

This new game night from DoYouKnowRapPeople debuts tonight at Genius HQ in Brooklyn. In addition to testing your knowledge of hip-hop (with the chance to win a prize from Turntable Lab), the night includes giveaways, appetizers by Javis Malloy, music from DJ Turnbox and an open bar featuring Tyky and Jose Cuervo Especial. It's hosted by Colton of "The Colton Show."

Jan. 19, 7-10 p.m., 84 Fourth St., Brooklyn, $20, genius.com

Harry Potter Trivia

Muggles know that real magic lies not in spells but obsessive knowledge. Next Tuesday at Brooklyn's Syndicated theater, brings your skills to tackle obscure facts from the Harry Potter books and films. In addition to a full bar, they'll be serving butterbeer for the occasion. Game night is bookended by screenings of "Prisoner of Azkaban" as part of a complete series of "Harry Potter" screenings Jan. 23-29.

Jan. 24, 7 p.m., 40 Bogart St., Brooklyn, trivia free, movies $3, syndicatedbk.com

FILM

"Labyrinth" Immersive

Dance, magic, dance! You can mutually mourn David Bowie and celebrate the first anniversary of immersive theater group Little Cinema with an epic screening and dance party inspired by "Labyrinth." Not only will there be live music and a special cocktail list, you can also expect aerial shows, video art and other surprises at Bushwick's House of Yes. Arrive in costume and save some energy for the free after-party dedicated to Bowie.

Jan. 19, 7-10 p.m.,
2 Wyckoff Ave., Brooklyn, free-$100, littlecinema.net

MUSIC

Brooklyn Freedom Concert

Bushwick-based Unit J used to be a factory; now it's an artistic hub for music, video shoots and screenings. This Thursday night, it's hosting a protest concert with rock, opera and classical music acts, along with spoken word performances. Proceeds benefit the Audre Lorde Project and Brooklyn Community Pride Center.

$20, 7 p.m., 338 Moffat St., Brooklyn, unitjbushwick.com

Dashboard Confessional

Which 10 albums shaped your most formative years? The meme is all over social media, and it's safe to assume you've seen Dashboard Confessional name-dropped more than a few times. Revisit that deliciously emo music that defined being a teenager for the millennial set at Irving Plaza for three nights starting Thursday.

Jan. 19-21, 7 p.m.,
17 Irving Plaza, $27.50, dashboardconfessional.com

Voices on the Hudson

City Vineyard will take after City Winery after all, bringing live music to its Hudson River-adjacent wine bar. The first two concerts in the wintertime series, running from next week to mid-April on Tuesdays and Wednesdays, offers performances by Michelle Shocked followed by Bobby Bare Jr. and Elvis Perkins. In addition to enjoying the show, you can order from a full bar and bistro menu, with happy hour from 4-6 p.m.

Jan. 24-25, 8:30 p.m., Pier 26, Hubert Street at the Hudson River, $20, cityvineyardnyc.com

ARTS

NYC Ceramics and Glass Fair

Part of New York Antiques Week, the NYC Ceramics and Glass Fair returns this weekend with fragile art dating back to the 17th century on display at Bohemian National Hall on the Upper East Side. In addition to the two-story showroom, it hosts a series of lectures on topics like lighting, hidden discoveries and when to buy or sell. Over 30 international galleries are participating.

Jan. 19-22, 321 E. 73rd St., $20, nyceramicsandglass.com

BEER

A Brief History of Beer: Science!

Each month, the geniuses who decided to combine drinking, history and theater come together to offer A Brief History of Beer, where the audience gets to drink along while learning how their brew came to be. This month's show is dedicated to the science behind the suds, from the physics of beer pong to how long it takes to chug a pint.

Jan. 21, 10:30-11:45 p.m., Under St. Marks, 94 St. Marks Place, $12, horsetrade.info

COMEDY

"What A Joke"

Sometimes, the only options are to laugh or cry. For the next four years, we'll need to load up on hilarity, and that starts Sunday with "What A Joke," a national comedy festival taking place during Inauguration Weekend with proceeds supporting the ACLU. The local edition takes place at Rough Trade in Brooklyn, with performers including Dave Hill, Jenn Welch, Emil Winter, Jordan Temple, Laurie Kilmartin and Rae Sanni. It's hosted by Chris Calogero.

Jan. 21, 8:30 p.m.,
64 N. Ninth St., Brooklyn, $20, roughtradenyc.com

T. MICHELLE MURPHY

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Beyond Amsterdam

There's charm, history and hidden vacation spots outside the Netherlands capital.

Fodor's Travel

Kinderdijk is renown for its windmills and is a UNESCO World Heritage Site. TIM GRAHAM, GETTY IMAGES

Gouda

Known for its eponymous and world-famous cheese, Gouda (pronounced "HOW-duh") is a lively market town in South Holland that rewards gourmands and history buffs alike. Stop by t'Kaaswinkeltje to pick up one of the many varieties of Gouda, explore the city's 15th-century architecture, and check out Gouda pottery, a style native to the city known for its Art Deco aesthetic.

Pyramid of Austerlitz

Just outside Utrecht is one of the more bizarre and fascinating relics from the Napoleonic Era in the Netherlands. Gen. Auguste de Marmont, a close confidant of Napoleon, was stationed in the area in 1804 and commissioned his troops to construct a pyramid as a way to pass the time while they waited for a British invasion. The 120-foot earthen structure was finished in a remarkable 27 days and later.

Bloemendaal beach

Even in the summer, a dip in the North Sea is not for the faint-hearted, but the Dutch coast is a surprisingly charming place. Bloemendaal Beach is easily accessible by public transport from Amsterdam, and is a favorite hangout among locals. The waterfront is lined with restaurants and bars open well into the night.

Haarlem

This postcard-perfect city is just 15 minutes by train from Amsterdam, but the change of pace is instantly noticeable. Known as one of the best places in the Netherlands to shop, Haarlem is replete with interesting boutiques and welcoming cafés that line the still largely tourist-free alleyways and quiet canals.

Kinderdijk

Few things symbolize the Netherlands quite like the windmill, a necessary innovation in a country where 25 percent of its land sits below sea level. The 19 windmills in Kinderdijk date to the 18th century and are still used today to pump water out of the polder, an area of low-lying reclaimed land.

Keukenhof Gardens

For two months every spring, Keukenhof Gardens explodes with the blooms of more than 7 million flowers, most notably the famous Dutch tulips. Tulip mania began in the Netherlands in the 17th century, when the colorful flowers became much-sought-after status symbols, and the country is still known for its horticulture. The 2017 season runs from March 23 to May 21, with the best viewing in mid-April.

Giethoorn

The Netherlands is full of towns and villages crisscrossed by canals, but Giethoorn is the only one that is completely car-free. Pedestrian bridges and bike paths weave among the 18th-century farmhouses, but flat-bottomed punt boats are the more efficient and interesting way to get around. If you visit during winter, you can join the locals in skating along the frozen canals.

Delft

The quiet streets, medieval architecture and verdant canals epitomize the charm of the Netherlands' small cities, but Delft stands apart. Johannes Vermeer depicted his hometown and its residents in many of his paintings. Delft is also known for its ornate blue pottery.

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BIG GAME FOR BRADY

FS1's Colin Cowherd was verbally tarred and feathered by Patriots fans this week after asking the question, "Is Tom Brady playing for his job this weekend?" On the surface, it's an obscene question because even the most ardent Brady-bashers are finally coming around on the fact that he's the greatest QB of all-time. I mean, why would you trade the G.O.A.T.?

Buuuuut (there's always a but), Brady will be 40 years old at the start of next season and Bill Belichick is the most ruthless talent evaluator of all time. If Brady struggles against the Steelers and loses, it would be the second straight year in which he's performed below-average in an AFC title game. Belichick takes notes on that sort of stuff, so in a roundabout way, Cowherd's question is close to legit.

No one ever thought Joe Montana would play for the Chiefs … this sort of stuff is not unprecedented.

COACH CREEPER

Less than a year ago, the Denver Broncos were on top of the football world.

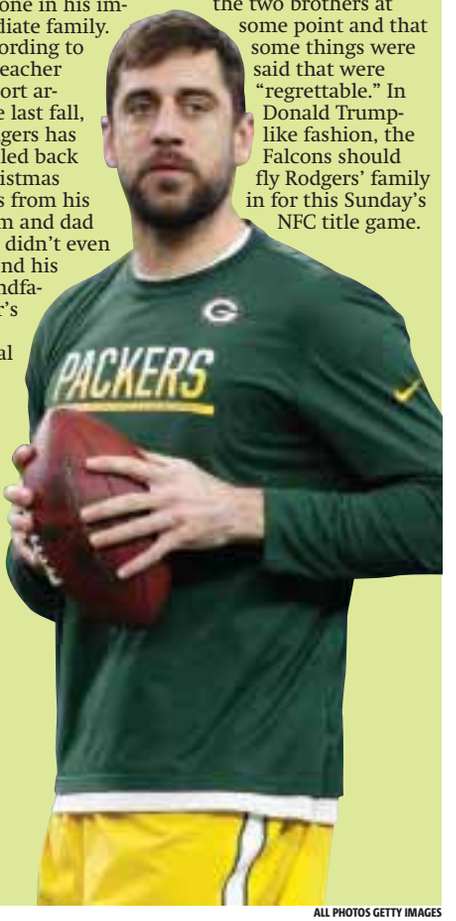
Now? They're not in the playoffs — in fact, they didn't even make the field. They don't have a legit starting quarterback. And they now have a head coach who allegedly used to like to climb into bed with unsuspecting athletic trainers at the University of Colorado in the early 2000s and rub his penis against them.

New Denver head coach Vance Joseph was never charged with sexual assault but there's plenty of material in a 2004 police report to lead you to believe he's a world-class creep.

"He's just a sleaze ball," one of the alleged women said in the report, unearthed by The Daily Camera.

FAMILY FEUD

If Aaron Rodgers and the Packers make it to this year's Super Bowl, don't expect any mushy "Thanks mom!" and "Thanks dad!" TV features leading up to the game. Apparently Rodgers isn't on speaking terms with anyone in his immediate family. According to a Bleacher Report article last fall, Rodgers has mailed back Christmas gifts from his mom and dad and didn't even attend his grandfather's funeral (the same grandfather he used to call before every game). A source close to Aaron's brother Jordan (who appeared on The Bachelorette), told People magazine recently that there was a "blow-up" between the two brothers at some point and that some things were said that were "regrettable." In Donald Trump-like fashion, the Falcons should fly Rodgers' family in for this Sunday's NFC title game.



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CARMELO THE POSTER CHILD FOR SELFISH NBA PLAYERS

OPINION

SID ROSENBERG
@sidrosenberg

George Karl recently joined myself and my partner Bernard McGuirk on our radio show on 770AM WABC to discuss his new book "Furious George."

Karl has been receiving a lot of flack from NBA fans, writers and players alike for comments he made in the book about his former players. The one the player at the center of the controversy was New York Knicks forward Carmelo Anthony.

One thing is for sure, Karl — a cancer survivor — does not stand for any nonsense when it comes to being a professional. Over the course of his NBA coaching career, he has been tasked with coaching some of the most notable headcases in recent NBA history. Allen Iverson played for Karl in Denver at the end of his career and everybody knows Iverson for his time in Philadelphia where he drove Larry Brown up a wall almost every night. Iverson and Brown eventually figured out how to make their relationship work, but it was Brown and management that gave into Iverson's talent and single mindedness.

When Iverson was in Denver he took the role of being a big brother to Carmelo Anthony and showed him how he became an All-Star and NBA MVP. Carmelo was the next big thing in the NBA alongside his buddy LeBron James at the time, and he had Iverson in his ear giving him tips on how to steal some of the spotlight from LeBron.

Carmelo Anthony is never shy about looking for his own shot. GETTY IMAGES

I can assure you that none of advice that Iverson gave to Carmelo included the words passing, teamwork, sharing, humility, or selflessness. The advice Iverson gave Carmelo was probably more along the lines of creating his own shot, how he could make it look like he was playing defense, and how to negotiate his next contract. Looking back at it now, I think it is safe to say that Karl was never going to get his players to play as a team with the self-absorbed Iverson and Anthony on the roster.

More and more, it has become common practice for NBA players to put themselves before their team. Today, NBA players seem to be focused more on branding themselves than being a teammate and winning basketball games.

From one perspective, I cannot blame guys like LeBron, Carmelo, Chris Paul, Derrick Rose, James Harden and a slew of other players who use their popularity to brand themselves off the court. The other perspective is that of the basketball purists like Karl, Phil Jackson, Brown, and Gregg Popovich — who preach selflessness on the court and off the court.

For for the sake of the game of basketball, players should keep their "basketball lives" separate from their "celebrity lives" because it's changing the game for the worse.

It takes fives guys working in unison to win a basketball game and when one player is not willing to accept that, well that's when they stop caring about the game and try to shine the light on themselves to feel important.

Jets' Marshall discusses future in NY, contract

Jets receiver Brandon Marshall will be 33 years old when the 2017 season begins. That's ancient in NFL wide receiver years.

The Jets would be wise to go young in the next few years and they would be smart to attempt to shed some money. It's why many are speculating that Marshall could be waived or traded in the coming months. Marshall, appearing on WFAN's Boomer and Carton Show Wednesday, said that he's not ready to renegotiate anytime soon.

"People need to get away from me due $7.5 [million]," the receiver said. "Get away from my salary. That's underpaid. Any team should be happy to have me for $7.5 million."

Marshall's first season in New York went extraordinarily well as he caught 109 balls for 1,502 yards and 14 touchdowns. Those numbers plummeted this past season, though, as Marshall caught just 59 balls for 788 yards and three touchdowns.

Brandon Marshall. GETTY IMAGES

"Last year was just a bad year," Marshall said. "That's what happens. When you have a bad year, there's lots of speculation. It's toxic. There's a lot of hoopla, and you need to be a man and deal with it."

Captain's mates

Giants safety Landon Collins told ESPN Wednesday that he and his fellow Giants defensive backs were invited to the infamous Miami boat trip that took place in the hours after New York's regular season finale.

"We were actually invited. We decided not to go," Collins said. "Just we wanted – there's a receivers group and there's a DBs group — so it was like, I'm going to go with my DBs. And we decided to do something different."

Collins did not offer up what, exactly, his group did.

"I can't say out loud," Collins said laughing.

MATT BURKE

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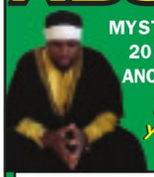

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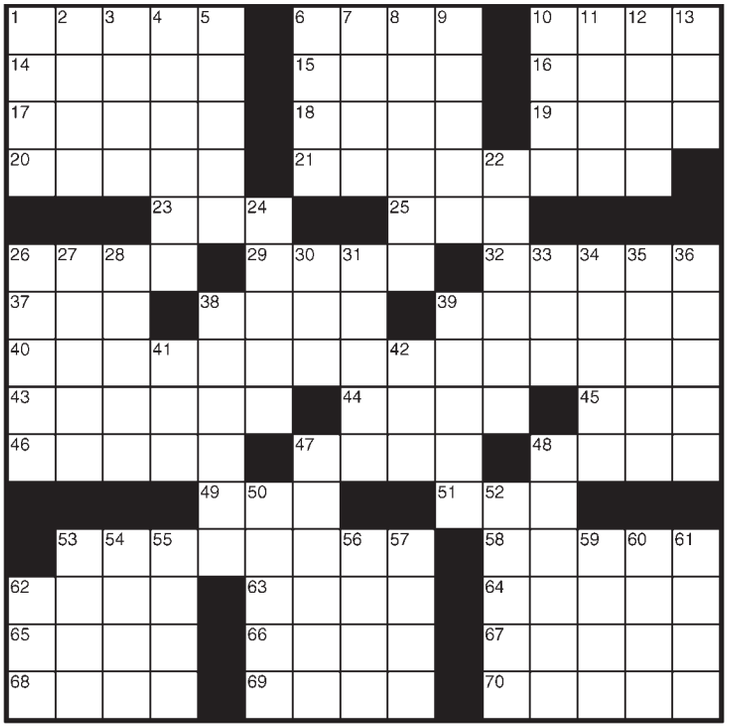
40 Cool it! (5 wds.)
43 Racks up, as debt
44 Storyline
45 Foot-pound relative
46 Booster rocket
47 Furtive whisper
48 Time to beware
49 -- ammoniac
51 "Hold on a --!"
53 Most calm
58 Watchdog breed
62 Surf partner
63 Finish-line marker
64 Philanthropist
65 Solar wind particles
66 Osiris' beloved
67 Ferret out
68 Japanese soup
69 Per --
70 Pyle or Kovacs

Down
1 Dear, in Italy
2 Irresponsible jerk
3 Etc. relative (2 wds.)
4 Write to a spy
5 Page or LuPone
6 Corp. leaders
7 Bill of Rights org.
8 Untrustworthy
9 -- it (goes by shank's mare)
10 Opposing votes
11 Curved molding
12 Fan dancer Sally --
13 Half a couple
22 Outcome
24 Pseudonym
26 Radio, TV, etc.
27 In the midst of
28 Ninny
30 Packing slip
31 No. 2 people
33 Gull's cry
34 Pistol-packing
35 Trunk contents
36 Dangles
38 Put into words
39 Lairds and lassies
41 Winery cask
42 Pacino and Unser
47 Polite word
48 More yucky
50 Garret
52 Aerie dweller
53 Je ne sais --
54 Coffee dispensers
55 In that case (2 wds.)
56 Be a webmaster?
57 Trial run
59 John, in Siberia
60 Actress -- Garr
61 Handel contemporary
62 Bob Cratchit's boy



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easy

3		7				2	6	
8	2							
		6		2	5			4
		9	6	7		4		
		1				7		
		3		1	2	9		
7			3	4		6		
							4	8
	6	8				3		5

hard

			9	7			3	5
		9	6		5			
					2			4
2		3				5	8	6
		1		8		4		
4	6	8				7		1
3			5					
			7		8	3		
6	8			2	3			

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Aries It will be difficult to contain your feelings or keep your plans under wraps. Put your energy into education and pursuing a promising partnership.

Taurus Don't let an unexpected turn of events cause you to question what you are doing. Live up to your promises, trust in your plan and see it through to the end.

Gemini You'll be taken advantage of if you give your time, money and services to people who want to reap rewards without doing the work. Make sure you are compensated.

Cancer Put more emphasis on formulating plans that will help you stand out from the competition. A creative approach to your work and personal finances will pay off.

Leo You'll end the day on an emotional note if you aren't bold enough to stand up for your rights and the rights of those you care about. Do your part and avoid regret.

Virgo Be open about the way you feel and receptive toward those willing to share. Partnerships will lead to opportunities that allow you to take on more responsibilities.

Libra Don't act on impulse or emotion. Focus on making personal improvements and nurturing relationships that are important to you. Compromise will help ease any dispute.

Scorpio Don't jump or make an impulsive move just because someone else does. Trust in yourself to achieve whatever you set your mind to with finesse and punctuality.

Sagittarius Emotional spending will be your downfall. You cannot buy love or happiness. Stay focused on what's best for you, not on what others want you to do.

Capricorn You'll take two steps forward and three steps back if you act prematurely. Question everything and everyone to avoid stepping into an abyss.

Aquarius Line up all the things you want to do and get moving. An opportunity to bring about a positive change will lead to perks as well as additional income.

Pisces Use your insight to determine what part you can play in the changes that are unfolding around you. A subtle response will enhance your reputation. EUGENIA LAST

Yesterday's answers

A	C	D	C		W	E	E	D		K	E	B	A	B
U	H	U	H		I	T	E	R		E	P	O	X	Y
R	I	C	E		T	H	O	U		T	I	T	L	E
A	T	T	A	C	H	E		B	A	T	C	H	E	S
			P	H	I	L	S		F	L	U			
C	A	V	E	A	T		C	A	T	E	R	I	N	G
A	V	E	R	S		M	U	L	E		E	N	Y	A
R	I	G		M	A	I	L	E	R	S		A	L	I
O	L	A	F		R	E	P	S		M	I	N	O	T
B	A	S	E	M	E	N	T		L	I	N	E	N	S
			R	O	N		S	E	E	R	S			
P	O	R	T	R	A	Y		T	A	K	E	O	F	F
I	N	U	I	T		O	N	U	S		C	B	E	R
T	E	S	L	A		R	O	D	E		T	O	T	E
A	S	T	E	R		E	V	E	R		S	E	A	T

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CALENDAR OF EVENTS

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Every other Monday,
6:30pm – 8:30pm
Entry: $25

FREE for first-time seminar attendees and Harlem Prosperity Corps members. Seminars on the subjects of sales, human resources, public relations and business from the leading specialists in business consultancy.

Interfaith Sunday Service

Sunday, 12:00pm – 1:00pm
Refreshments begin at 11:30am

All faiths are welcome. Enjoy a friendly atmosphere and foster the spirit of goodwill in the community.

Weekly Graduation

Friday, 6:00pm – 7:00pm

Join us to celebrate graduates from Dianetics and Scientology courses and services! Hear them tell their stories.

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10:00am – 9:00pm

For ages 9 and up, more than simply "homework help," students gain the tools of how to learn. These principles empower a learner to achieve understanding in any subject of study.

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Saturday & Sunday,
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& 7:00pm – 9:30pm
Entry: $50

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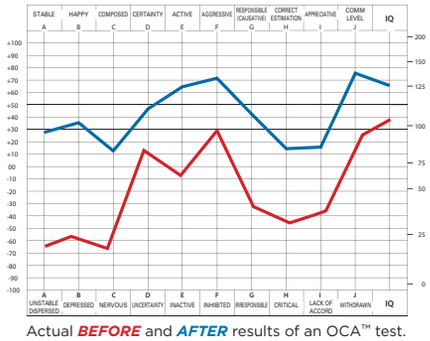

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2 **GET YOUR RESULTS.** Bring your test to the Church of Scientology Harlem Community Center to get your OCA test results FREE.

3 **CONSULTATION.** Receive a complimentary consultation with a specialized consultant and get a detailed analysis of your results and establish your path to success.

BEGIN THE TEST

Answer every question as to how you feel right now. Do not stay too long with any one question. Answer as soon as you understand, and then go on to the next question. The accuracy of your results depends upon the truthfulness of your answers.

Answer each question by marking one of the following:

(+) Definitely yes, or mostly yes
(M) Maybe or uncertain
(–) Definitely no, or mostly no

+ M –	
○○○	**1.** Do you make thoughtless remarks or accusations which later you regret?
○○○	**2.** When others are getting rattled, do you remain fairly composed?
○○○	**3.** Do you browse through railway timetables, directories, or dictionaries just for pleasure?
○○○	**4.** When asked to make a decision, would you be swayed by your like or dislike of the personality involved?
○○○	**5.** Do you intend two or less children in your family even though your health and income will permit more?
○○○	**6.** Do you get occasional twitches of your muscles, when there is no logical reason for it?
○○○	**7.** Would you prefer to be in a position where you did not have the responsibilities of making decisions?
○○○	**8.** Are your actions considered unpredictable by other people?
○○○	**9.** Do you consider more money should be spent on social security?
○○○	**10.** Do other people interest you very much?
○○○	**11.** Is your voice monotonous, rather than varied in pitch?
○○○	**12.** Do you normally let the other person start the conversation?
○○○	**13.** Are you readily interested in other people's conversations?
○○○	**14.** Would the idea of inflicting pain on game, small animals or fish prevent you from hunting or fishing?
○○○	**15.** Are you often impulsive in your behavior?
○○○	**16.** Do you speak slowly?
○○○	**17.** Are you usually concerned about the need to protect your health?
○○○	**18.** Does an unexpected action cause your muscles to twitch?
○○○	**19.** Are you normally considerate in your demands on your employees, relatives, or pupils?
○○○	**20.** Do you consider that you could give a valid "snap judgment"?
○○○	**21.** Do your past failures still worry you?
○○○	**22.** Do you find yourself being extra-active for periods lasting several days?
○○○	**23.** Do you resent the efforts of others to tell you what to do?
○○○	**24.** Is it normally hard for you to "own up and take the blame"?
○○○	**25.** Do you have a small circle of close friends, rather than a large number of friends, speaking acquaintances?
○○○	**26.** Is your life a constant struggle for survival?
○○○	**27.** Do you often sing or whistle just for the fun of it?
○○○	**28.** Are you considered warm-hearted by your friends?
○○○	**29.** Would you rather give orders than take them?
○○○	**30.** Do you enjoy telling people the latest scandal about your associates?
○○○	**31.** Could you agree to "strict discipline"?
○○○	**32.** Would the idea of making a complete new start cause you much concern?
○○○	**33.** Do you make efforts to get others to laugh and smile?
○○○	**34.** Do you find it easy to express your emotions?
○○○	**35.** Do you refrain from complaining when the other person is late for an appointment?
○○○	**36.** Are you sometimes considered by others a "spoilsport"?
○○○	**37.** Do you consider there are other people who are definitely unfriendly toward you and work against you?
○○○	**38.** Would you admit you were wrong just to "keep the peace"?
○○○	**39.** Do you have only a few people of whom you are really fond?
○○○	**40.** Are you rarely happy, unless you have a special reason?
○○○	**41.** Do you "circulate around" at a social gathering?
○○○	**42.** Do you take reasonable precaution to prevent accidents?
○○○	**43.** Does the idea of talking in front of people make you nervous?
○○○	**44.** If you saw an article in a shop obviously mistakenly marked lower than its correct price, would you try to get it at that price?
○○○	**45.** Do you often feel that people are looking at you or talking about you behind your back?
○○○	**46.** Are you "always getting into trouble"?
○○○	**47.** Have you any particular hate or fear?
○○○	**48.** Do you prefer to be an onlooker rather than participate in any active sport?
○○○	**49.** Do you find it easy to be impartial?
○○○	**50.** Have you a definite set standard of courteous behavior in front of other members of your family?
○○○	**51.** Can you "start the ball rolling" at a social gathering?
○○○	**52.** Would you "buy on credit" with the hope that you can keep up the payments?
○○○	**53.** Do you get an after-reaction when something unexpected such as an accident or other disturbing incident takes place?
○○○	**54.** Do you consider the good of all concerned rather than your own personal advantages?
○○○	**55.** When hearing a lecturer, do you sometimes experience the idea that the speaker is referring entirely to you?
○○○	**56.** Does "external noise" rarely interfere with your concentration?
○○○	**57.** Are you usually "up-to-date" on everyday affairs?
○○○	**58.** Can you confidently plan and work towards carrying out an event in six months time?
○○○	**59.** Do you consider the modern "prisons without bars" system doomed to failure?
○○○	**60.** Do you tend to be careless?
○○○	**61.** Do you ever get a "dreamlike" feeling toward life when it all seems unreal?
○○○	**62.** Do you speedily recover from the effects of bad news?
○○○	**63.** When you criticize, do you at the same time try to encourage?
○○○	**64.** Are you normally considered "cold"?
○○○	**65.** Are your opinions insufficiently important to tell other people?
○○○	**66.** Are you so self-assured that it sometimes annoys others?
○○○	**67.** Do you keep "close contact" on articles of yours which you have loaned to friends?
○○○	**68.** Do you enjoy activities of your own choosing?
○○○	**69.** Does emotional music have quite an effect on you?
○○○	**70.** Do you completely condemn a person because he is a rival or opponent in some aspect of your relations with him?
○○○	**71.** Do you often "sit and think" about death, sickness, pain and sorrow?
○○○	**72.** Are you perturbed at the idea of loss of dignity?
○○○	**73.** Are you always collecting things which "might be useful"?
○○○	**74.** Would you criticize faults and point out the bad points on someone else's character or handiwork?
○○○	**75.** Are you openly appreciative of beautiful things?
○○○	**76.** Do you sometimes give away articles which strictly speaking do not belong to you?
○○○	**77.** Do you greet people effusively?
○○○	**78.** Do you often ponder on previous misfortunes?
○○○	**79.** Are you sometimes considered forceful in your actions or opinions?
○○○	**80.** Do you accept criticism easily and without resentment?
○○○	**81.** Are you usually undisturbed by "noises off" when you are trying to rest?
○○○	**82.** Are you likely to be jealous?
○○○	**83.** Do you tend to put off doing things and then discover it is too late?
○○○	**84.** Do you prefer to abide by the wishes of others rather than seek to have your own way?
○○○	**85.** Do you find it easy to get yourself started on a project?
○○○	**86.** Do you bite your fingernails or chew the end of your pencil?
○○○	**87.** Do you "turn up the volume" of your emotions just to create an effect?
○○○	**88.** If we were invading another country, would you feel sympathetic towards conscientious objectors in this country?
○○○	**89.** Are there some things about yourself on which you are touchy?
○○○	**90.** Do you have few interests and activities that are your own choice?
○○○	**91.** Do you ever get a single thought which hangs around for days?
○○○	**92.** Are you a slow eater?
○○○	**93.** Can you be a stabilizing influence when others get panicky?
○○○	**94.** Would you stop and find out whether a person needed help even though they had not directly asked you for it?
○○○	**95.** Are you prejudiced in favor of your own school, college, club or team, etc.?
○○○	**96.** Do you pay your debts and keep your promises when it is possible?
○○○	**97.** Do you sleep well?
○○○	**98.** Would you use corporal punishment on a child aged ten if it refused to obey you?
○○○	**99.** Do you prefer to take a passive role in any club or organization to which you belong?
○○○	**100.** Are you logical and scientific in your thinking?
○○○	**101.** Does the youth of today have more opportunity than that of a generation ago?
○○○	**102.** Do you throw things away only to discover that you need them later?

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SEE REVERSE SIDE TO BEGIN THE TEST

FREE PERSONALITY TEST

+ M –		+ M –		+ M –	
○○○	**103.** Would you give up easily on a given course if it were causing you a considerable amount of inconvenience?	○○○	**137.** Are you less talkative than your associates?	○○○	**169.** Do you find it hard to get started on a task that needs to be done?
○○○	**104.** Do you "wax enthusiastic" about only a few subjects?	○○○	**138.** Do you usually carry out assignments promptly and systematically?	○○○	**170.** Are you opposed to the "probation system" for criminals?
○○○	**105.** Do you rarely suspect the actions of others?	○○○	**139.** Would you assist a fellow traveler rather than leave it to the officials?	○○○	**171.** Do you spend much time on needless worries?
○○○	**106.** Do you sometimes wonder if anyone really cares about you?	○○○	**140.** When voting, do you vote the same party ticket straight rather than studying the candidates and issues?	○○○	**172.** In a disagreement do you find it hard to understand how the other person fails to see your side, and thus agree with you?
○○○	**107.** Do you turn down responsibility because you doubt your fitness to cope?	○○○	**141.** Do you frequently dwell on your past illnesses or painful experiences?	○○○	**173.** Do you cope with everyday problems of living quite well?
○○○	**108.** Do you sometimes feel compelled to repeat some interesting item or tidbit?	○○○	**142.** Do you get very ill at ease in disordered surroundings?	○○○	**174.** Are you usually truthful to others?
○○○	**109.** Do you tend to exaggerate a justifiable grievance?	○○○	**143.** Do you usually criticize a film or show that you see or a book that you read?	○○○	**175.** Would you rather "wait for something to happen" as opposed to you causing it?
○○○	**110.** Is your facial expression varied rather than set?	○○○	**144.** When recounting some amusing incident can you easily imitate the mannerisms or the dialect in the original incident?	○○○	**176.** Do you spend too freely in relation to your income?
○○○	**111.** Do you usually need to justify or back up an opinion once stated?	○○○	**145.** In subjects about which you are not expert, are your own ideas of sufficient importance as to tell others?	○○○	**177.** Can you take a "calculated risk" without too much worry?
○○○	**112.** Do you openly and sincerely admire beauty in other people?	○○○	**146.** Do you have a tendency to tidy up a disorder of somebody else's household?	○○○	**178.** If you were involved in a slight car accident, would you really take the trouble to see that any damage you did was made good?
○○○	**113.** Would it take a *definite effort* on your part to consider the subject of suicide?	○○○	**147.** Can you accept defeat easily without the necessity of "swallowing your disappointment"?	○○○	**179.** Do others push you around?
○○○	**114.** Would you consider yourself energetic in your attitude toward life?	○○○	**148.** Do you often feel depressed?	○○○	**180.** Do you make allowances for your friends where with others you might judge more severely?
○○○	**115.** Would a disagreement affect your general relationship with another person?	○○○	**149.** Are you ever ill at ease in the company of children?	○○○	**181.** Do you often ponder over your own inferiority?
○○○	**116.** Does a minor failure on your part rarely trouble you?	○○○	**150.** Do you get frustrated at not being able to do something rather than finding a substitute activity or system?	○○○	**182.** Do people criticize you to others?
○○○	**117.** Do you sometimes feel that you talk too much?	○○○	**151.** Are you sometimes completely unable to enter the spirit of things?	○○○	**183.** Are you embarrassed by a hearty greeting such as a kiss, hug, or pat on the back, if done in public?
○○○	**118.** Do you smile much?	○○○	**152.** Do you rarely express your grievances?	○○○	**184.** Do you frequently not do something you want to do because of other people's desires?
○○○	**119.** Are you easily pleased?	○○○	**153.** Do you work in "spurts," being relatively inactive and then furiously active for a day or two?	○○○	**185.** Are you sometimes convinced of the correctness of your opinions about a subject even though you are not an expert?
○○○	**120.** When met with direct opposition would you still seek to have your own way rather than give in?	○○○	**154.** Does the number of incomplete jobs you have on hand bother you?	○○○	**186.** Do you often find yourself "going off in all directions at once"?
○○○	**121.** Provided the distance were not too great, would you still prefer to ride rather than walk?	○○○	**155.** Do people enjoy being in your company?	○○○	**187.** Do your acquaintances seem to think more of your abilities than you do?
○○○	**122.** Do you ever get disturbed by the noise of the wind or a "house settling down"?	○○○	**156.** Could you allow someone to finish those "final two words" in a crossword puzzle without interfering?	○○○	**188.** Is the idea of death or even reminders of death abhorrent to you?
○○○	**123.** Is your opinion influenced by looking at things from the standpoint of your experiences, occupation or training?	○○○	**157.** Do you consider the best points of most people and only rarely speak slightingly of them?	○○○	**189.** Having settled an argument out do you continue to feel disgruntled for a while?
○○○	**124.** Do you often make tactless blunders?	○○○	**158.** Do you laugh or smile quite readily?	○○○	**190.** Are you friendly in voice, attitude and expression?
○○○	**125.** Are you suspicious of people who ask to borrow money from you?	○○○	**159.** Are you definite and emphatic in voice and manner?	○○○	**191.** Does life seem rather vague and unreal to you?
○○○	**126.** Are your decisions swayed by personal interests?	○○○	**160.** Are you effusive only to close friends if at all?	○○○	**192.** Do you often feel upset about the fate of war victims and political refugees?
○○○	**127.** Can you get quite enthusiastic over "some simple little thing"?	○○○	**161.** Are your interests and fields of knowledge so important as to give little time for anything else?	○○○	**193.** Do "mere acquaintances" appeal to you for aid or advice in their personal difficulties?
○○○	**128.** Do you frequently take action even though you know your own good judgment would indicate otherwise?	○○○	**162.** Would you like to "start a new activity" in the area in which you live?	○○○	**194.** If you lose an article, do you get the idea that "someone must have stolen or mislaid it"?
○○○	**129.** Are you in favor of color bar and class distinction?	○○○	**163.** Would you take the necessary actions to kill an animal in order to put it out of pain?	○○○	**195.** If you thought that someone was suspicious of you and your actions, would you tackle them on the subject rather than leaving them to work it out?
○○○	**130.** Are you aware of any habitual physical mannerisms such as pulling your hair, nose, ears, or such like?	○○○	**164.** Is it easy for you to relax?	○○○	**196.** Do you sometimes feel that your age is against you (too young or too old)?
○○○	**131** Can you quickly adapt and make use of new conditions and situations even though they may be difficult?	○○○	**165.** Do you have little regret on past misfortunes and failures?	○○○	**197.** Do you have spells of being sad and depressed for no apparent reason?
○○○	**132.** Do some noises "set your teeth on edge"?	○○○	**166.** Does the idea of fear or apprehension give you a physical reaction?	○○○	**198.** Do you do much grumbling about conditions you have to face in life?
○○○	**133.** Can you see the other fellow's point of view when you wish to?	○○○	**167.** Can you trust the decision of your judgment in an emotional situation in which you are involved?	○○○	**199.** Do you tend to hide your feelings?
○○○	**134.** Do you go to bed when you want to, rather than "by the clock"?	○○○	**168.** Could someone else consider that you were really active?	○○○	**200.** Do you consider you have many warm friends?
○○○	**135.** Do the "petty foibles" of others make you impatient?				
○○○	**136.** Do children irritate you?				

Bring your test to the Church of Scientology Harlem Community Center at 125th Street between 2nd and 3rd Ave. to get your OCA test results FREE.